

Youth Fitness

MINI ME FITNESS



Formally the Early Spark program that incorporates cardio-respiratory fitness class for children 3-6 years old. We will be encouraging, motivating and engaging in all forms of fitness activities that will keep their feet moving and hearts beatin' to the beat. Exercise isn't just for parents, it's also for mini me's!! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting and a life-long habit.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.305	8/31-9/28*	M/W	3-3:45pm	3-6yrs	8
4650.306	10/5-10/28	M/W	3-3:45pm	3-6yrs	8
4650.307	11/2-11/25	M/W	3-3:45pm	3-6yrs	8
4650.308	12/7-12/30	M/W	3-3:45pm	3-6yrs	8

*No Class 9/7

Residents: \$50 / CRC Member: FREE

Non-Resident: \$60 / CRC Member: FREE



FAMILY YOGA

(Parents, 6months+)

This class promotes involvement of mothers-to-be, parents with their toddlers and is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

Activity#	Date	Day	Time	Age	Sessions
4690.301	9/1-9/22	T	9:30-10am	6months+	4
4690.302	10/6-10/27	T	9:30-10am	6months+	4
4690.303	11/3-11/24	T	9:30-10am	6months+	4
4690.304	12/1-12/22	T	9:30-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

YOGA

For details see page 34 in Adult Section.

YOUTH FITNESS

(Ages 7-10)

Formally known as SPARK, this youth fitness class will emphasize exercise, activities, and sports. Basketball, indoor soccer, shuttle run, tag, calisthenics, and other group games will all be incorporated.

Instructor: CRC Fitness Staff

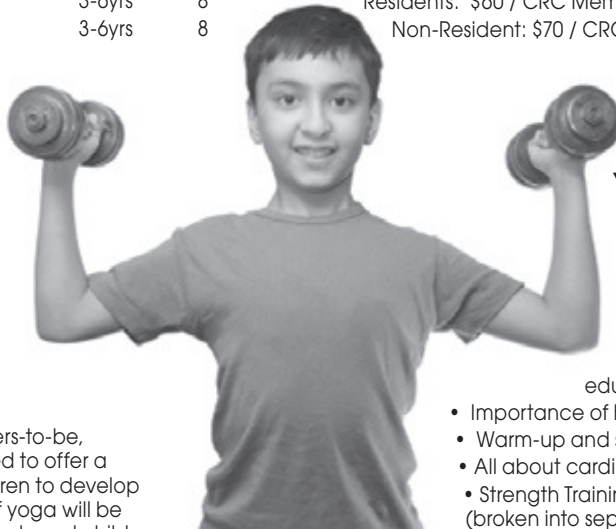
Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.301	8/31-9/28*	M/W	4pm-5pm	7-10yrs	8
4650.302	10/5-10/28	M/W	4pm-5pm	7-10yrs	8
4650.303	11/2-11/25	M/W	4pm-5pm	7-10yrs	8
4650.304	12/7-12/30	M/W	4pm-5pm	7-10yrs	8

* No Class 9/7

Residents: \$60 / CRC Member: FREE

Non-Resident: \$70 / CRC Member: FREE



YOUTH STRENGTH TRAINING

Taught by our Fitness Coaches, this series of one-on-one training sessions are designed to teach pre-teens/teens how to work out safely. Each 30-minute session will educate on different topics such as:

- Importance of hydration and a healthy diet
- Warm-up and stretching techniques
- All about cardio
- Strength Training – proper form and technique (broken into separate sections for: Lower Body, Upper Body and Core)

- Introduction to our FitLinx system

9 to 10 year olds (Cardio only)

Two, 30-minute sessions will cover fitness floor safety and a full introduction to the cardio equipment.

11 to 12 year olds (Cardio and Strength Training)

Each of the six sessions can be scheduled to fit within your schedule; however, the program must be completed within 30 days. The last session will include a quiz that will test their knowledge and retention of the information they learned. Upon successful completion of the program (within the allotted timeframe), they will be issued a special Fitness Floor sticker that needs to be shown to Fitness Staff upon entering the Fitness Floor.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center

Residents: \$80/CRC Member: FREE

Non-Resident: \$90/CRC Member: FREE

*Once registered, all sessions should be scheduled directly with Fitness Staff